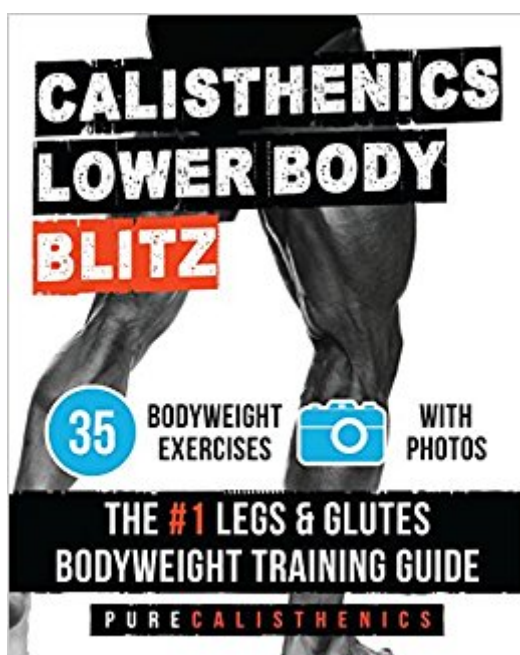


The book was found

Calisthenics: Lower Body BLITZ: 35 Bodyweight Exercises | The #1 Legs & Glutes Bodyweight Training Guide (The SUPERHUMAN Series)



Synopsis

Calisthenics: Lower Body BLITZ! On Sale + FREE Bodyweight Training Program, Limited Time!

„Tired of the same old workout routines? Hit a plateau in your progress? Want to sculpt your lower body into SUPERHUMAN form? Keep reading!The #1 Lower Body Training PlanThis book is part of a series which covers upper body, lower body and core bodyweight exercises. In this edition you will build up your legs and glutes like a GLADIATOR!Here's a sneak peak of what's inside:

Introduction to how calisthenics worksWhat calisthenics can do for YOU35 bodyweight exercises + photographic demonstrationsExpert advice on sets, reps and formNutritional advice to maximize your resultsFull warm up and preparation tutorialsFlexibility trainingCardio and conditioning drills to blast body fat and get rippedPlan to transition from beginner > intermediate > advanced calisthenics fast35 Exercises Demonstrated with PhotosWe've packed a whopping 35 exercises into this guide, complete with photos to show you EXACTLY how to perform each exercise.It's Easy as 1, 2, 3We've broken down each exercise into small, easily understandable chunks. So, whether you are a complete beginner, intermediate or expert, you will be learning with PERFECT form.Free Training Program & More!When you purchase this book you will receive our calisthenics bumper pack to help you on your journey. Here's what's inside:

BONUS #1Get your very own beginners bodyweight training program FREE with this book! Features a full week of exercises to help you master the fundamentals of calisthenics.BONUS #2Get our exclusive 'Six Pack Secrets' guide FREE with this eBook to help you build a rock solid core in double quick time!BONUS #3Free expert calisthenics advice and support! Inside this book is your invitation to join our community and mix it with the pros.Follow the ProfessionalsThis book has been carefully crafted by professional calisthenics practitioners.Don't take the slow lane to success, join us and go SUPERHUMAN today!Buy now and get it FAST!

Tags: calisthenics, bodyweight exercise, street workout, bodyweight training, mens fitness, calisthenics for beginners, legs, glutes, lower body, pure calisthenics

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Customer Reviews

I literally felt like my legs were gonna explode after the first few exercises it's so much more intense than I am used to but that has got to be a good thing right!

Pretty good! Short and concise! Basic exercises to work your lower body.

A great book. It opened my eyes about this form of exercise that is more natural than going to fitness center.

NAH NAH NAH NAH N A H N A H N A H N A H N AH 'S HH

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